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MONTANA ALCOHOL AND DRUG ABUSE DIVISION NEWSLETTER

Volume 6, Number 6

October-November, 1980

Six Grants Approved

The Advisory Council on Alcohol and Drug Dependency has conditionally approved six projects for FY 1981 drug abuse mini-grants. Conditional approval was based upon the need for submission of additional information.

Awards to the approved projects were:

—\$3,000 to the Flathead Valley Chemical Dependency Program to implement the "Montana Teacher's Guide for Alcohol Education" in the Flathead County elementary schools

—\$1,500 to School District No. 7 in Laurel to help support and evaluate the substance abuse education component of the Laurel Community School program.

—\$2,828 to the Flathead Reservation Area Comprehensive Alcoholism Program to implement the "Montana Teacher's Guide for Alcohol Education" in all Flathead Reservation schools.

—\$3,000 to Billings School District No. 2 to partially subsidize teacher training in substance abuse intervention techniques.

\$1,500 to the Parent Resource Center in Bozeman to develop and present a substance abuse awareness workshop for fifty parents.

—\$1,500 to the Great Falls Junior League to train peer counseling trainers.

T.R.E.A.D. Training Set for January

The Training and Resource Education on Alcohol and Drugs (T.R.E.A.D.) project will conduct two training sessions for Court School instructors in January. Training will include building training skills, DWI administrative skills, and panel discussions with state-level representatives of the Department of Justice, the judiciary, and the Highway Traffic Safety Division.

The T.R.E.A.D. project will pay for Court School instructors to attend the training session closest to them and training will be credited toward certification.

The Training schedule is:

Billings: Jan. 13-14-15,
8:30 a.m.-5:00 p.m., Ramada Inn

Kalispell: Jan. 27-28-29,
8:30 a.m.-5:00 p.m., Outlaw Inn.

In additional T.R.E.A.D. activity, four people have completed training of trainers and will be available to offer technical assistance and assist with training sessions. They are: Virginia Klein, Sidney, Tess Whalen Clark, Red Lodge; Marcey Lester, Helena; and Don Erickson, Missoula.

The Court School curriculum should be ready for distribution in January.

500 copies of this public document were published at an estimated cost of \$0.4826 per copy, for a total cost of \$244.30 which includes \$207.70 for printing and \$33.60 for distribution.



Marcella McGeever addresses a Women's Awareness Day workshop in Butte.

Women's Workshop Packed

An overflow crowd attended a Community Alcoholism Services Women's Awareness Day program Nov. 7 in Butte. About sixty people attended the all-day workshop designed to acquaint human service workers and other interested people with the social problems that affect women.

As a result of concerns expressed by workshop participants, McGeever is planning a number of follow-up activities. One of these will be a workshop for Parents Without Partners which will address the problems of single parents, a group that has shown a high incidence of alcohol problems.

Because poor communication is the one factor most often identified by drug and alcohol abusers as contributing to their chemical abuse, a communication workshop will be presented sometime next year.

ADAD personnel attending the workshop had high praise for the organization of the program as well as for the individual presentations, all of which were done by Butte community people.

Program presenters and topics were: Myrle Mitchell, Changes Drug Program, "Women and Drugs;" Gail Bachechkeski, Aware Counseling Center, "Women and Employee Assistance;" Marcella McGeever, Community Alcoholism Services, "Women, Stress and Alcohol;" Dr. Roberta Ray, Montana Tech, "Effective Communication;" Andrea Stalker, St. James Community Hospital, "Women and Nutrition;" Father Ed Courtney, Care Unit Program, "Women in Recovery."

Media coverage for the event was good according to McGeever, who was pleased with the interest shown by local television and newspapers.

Have Backs Program

Nearly 1,000 people filled the Have armory gym November 21 for an alcohol and drug awareness program which was organized and financed by the local community in response to growing concern with drug and alcohol abuse problems.

The effort leading up to the program was spear-headed by Clarke Richter, owner of the Owl Hotel in Havre. Richter, a member of the Chamber of Commerce and a director of the First Bank of Havre has been making talks about substance abuse for ten years and so was ready to move when two events indicated that the time had come for a community push.

The first event was the release of a Chamber of Commerce survey and a newspaper poll both naming drug and alcohol abuse as the community's primary problem.

The second was a challenge by the president of the First Bank of Havre to his board of directors to find a community project in which the bank could get involved. When the substance abuse project was adopted the bank met the challenge by providing all the financing.

Armed with demonstrated community concern and bank financing, Richter started making phone calls. The phone calls started a planning process which resulted in the presentation of a program utilizing a panel of experts in the substance abuse field. They were Dr. Eric Schaps from NAPA, California, who works with the Pyramid project, Leif Zerkin, director STASH Inc. and co-editor of *The Journal of Psychedelic Drugs*, and Harry Knowlton, head of the Chemical Dependency Center in Glasgow.

The panel provided information and suggestions for on-going effort to people attending at the armory program and to elementary, secondary, and college teachers attending afternoon workshops.

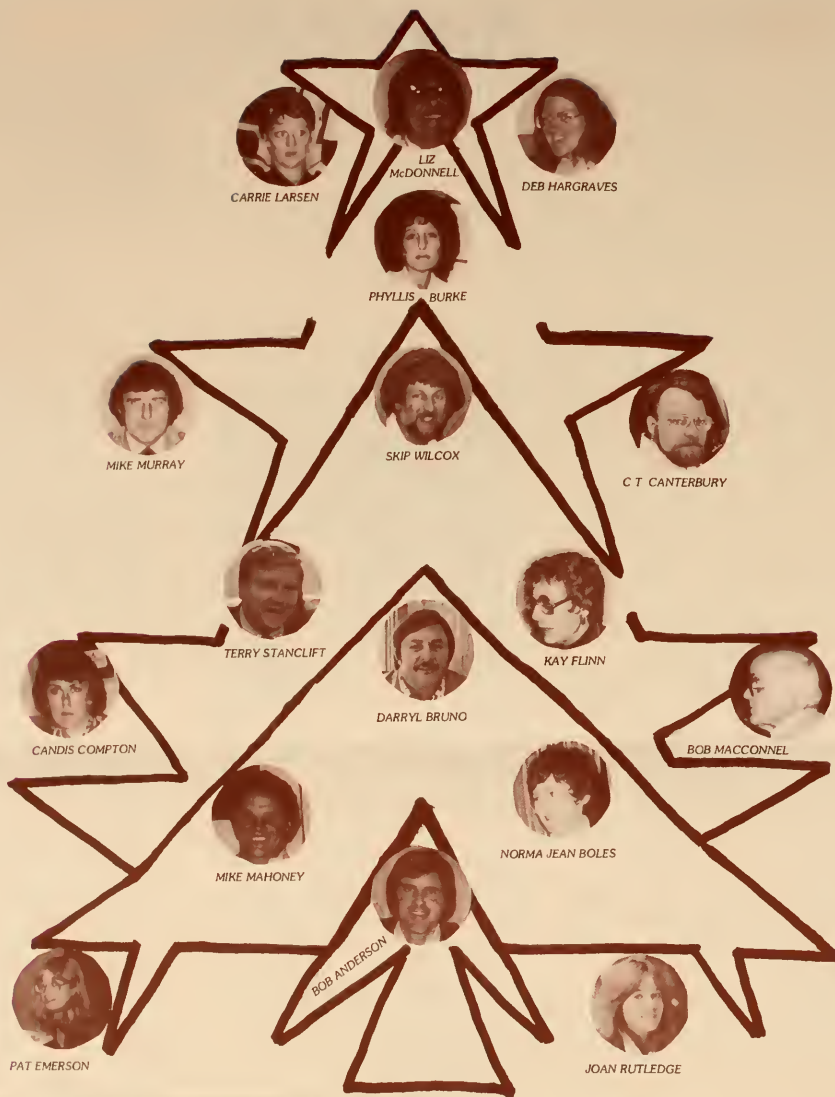
It is the schools who will provide follow-up for the November awareness program. Substance abuse education in the schools will be directed toward teaching students skills leading toward improved self-image, such as decision making and dealing with peer pressure.

Dr. Schaps polled 175 junior high school students attending the program with results that indicated that Havre students share the adult perception of substance abuse as a problem. They rated it as very serious.

Sharing in a total community effort to deal with drug and alcohol abuse problems have been the schools, the ministerial association, the Chamber of Commerce, the Havre newspaper and radio stations, and numerous concerned citizens.

County plans must be completed and returned to the ADAD no later than 5 p.m. Dec. 31, 1980 in order for counties to be eligible for liquor tax monies.

MERRY CHRISTMAS



NAAC Scholarships Available

The National Association of Alcoholism Counselors (NAAC) has developed a scholarship program which they hope will make it possible for more alcoholism counselors to attend the association's annual meeting to be held August 18-22 in Lexington, Kentucky.

The need for financial assistance was made evident by an NAAC survey showing that "alcoholism counselor's salaries are well below that paid to other professionals engaged in similar work."

The scholarship program may be of interest to potential donors of tax deductible scholarship funds or to counselors wishing to apply for financial aid.

Three levels of scholarships are planned level I — registration only; level II — registration and room, level III — full scholarship, including transportation.

Scholarship recipients chosen by the NAAC will meet the following criteria:

- employed full-time in the alcoholism/drug counseling profession;
- paid a salary below the national average for counselors as published by NAAC. The current average salary for counselors is \$13,071 per year;
- have not previously attended an Annual NAAC Conference;
- recommended by their supervisor and/or employer,
- selected by the NAAC Screening Committee.

For further information write: The National Association of Alcoholism Counselors, 951 S George Mason Drive, Arlington, Virginia 22204.

"Language is always used to advantage of the person defining the situation; therefore, never let others define you."

—Dr. Edwin Nichols, Chief, Applied and Social Projects Branch, NIMH



THE HABIT is the newsletter of the Alcohol and Drug Abuse Division of the State of Montana, Department of Institutions.

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Comments and suggestions from readers are invited: phone (406) 449-2827 or write ADAD, Department of Institutions, 1539 11th Ave., Helena, MT 59601.

Looking Back and Looking Forward

by Michael A. Murray

With the Yuletide season upon us now is a good time to review legislation passed by the last legislature and proposals which may be considered by the next legislature. HB844 passed by the last legislature contained the major revisions in laws directly pertaining to the division. We were assisted to a limited extent by the "insurance law change" which provided all group Health Insurance coverage sold in the state must offer alcohol and drug treatment coverage to the group, and hindered by the state liquor store wine bill which omitted the 4C of the 20C per liter earmarked tax and provided instead that the entire 20C tax go to the state General Fund.

The formula for disbursement of earmarked treatment dollars to counties on an 85 percent population and 15 percent county land mass has proven to be very satisfactory. Rural areas have the option of some state discretionary monies to supplement their funding based on the multi-county or urban area purchase of service priorities concepts established as legislative priorities. The division will again request an appropriation of discretionary funding to maintain programs and comprehensive service availability in rural areas.

Proposed legislative changes by the division will involve housekeeping items with a few proposed major changes: add prevention education as a state mandated duty, revise the hearing procedure on revocation of state-approval of facilities to conform with other state agencies, continue the county plan requirement, revise the commitment section of the law to include alcohol counselors as expert witnesses in diagnoses of alcoholism and revise the Galen Alcoholism Services Center mandate to include only detox and inpatient and intermediate care rather than research, prevention, coordination with local communities to establish local programs, public information and education services. We plan to ask that reimbursement funding collected at Galen for alcohol treatment be credited to the alcohol earmarked account for use by community programs rather than deposited in the General Fund since the cost of services provided come entirely from earmarked funding.

It is very satisfying to review the advances Montana has made in a few years in alcoholism rehabilitation and treatment. 1959 marked the first public funding appropriated for alcoholism treatment with the funding of the "Inebriate Treatment Program" at Warm Springs State Hospital. This appropriation provided for a staff of four to provide "the cure" to all individuals in the state suffering from alcoholism. In 1973 alcoholism was recognized as an illness by Montana law and the first earmarked tax for treatment was passed with a 25c per barrel of

beer tax by the so-called Fasbender Bill (HB909) which was to be used for prevention, education and rehabilitation of alcoholics in Montana.

Two years later the passage of HB627 which provided a tax on liquor and increased the tax to \$1 per barrel on beer allowed the expansion of alcohol services to include the availability of services for alcoholics in every county in Montana. Since 1975 all alcohol costs in Montana have been paid by alcohol earmarked dollars and the state General Fund has not had to bear any rehabilitation, prevention or education costs for dealing with alcoholism.

While the funding derived from the tax is adequate to maintain a statewide comprehensive network of services we in the field must take care to exist and provide services on the funding now generated by the tax rather than consider requesting an increase in the tax. When one reviews the dollars generated by the tax it is apparent that services can be maintained adequately through austere budgeting by all of us in the field.

However, we must question the appropriateness of using alcohol tax dollars for funding the Justice Department's DWI function in the Criminal Investigation Lab. In the final analysis this is a most expensive intervention protocol which often results in a fine and a warning rather than treatment. The seriousness of drinking and driving in Montana is not questioned, but only the proper source of funding to maintain a laboratory that analyzes samples to be used as evidence in DWI trials. The integrity of using alcohol tax dollars for prevention, education and rehabilitation with necessary but minimal administrative costs must be reviewed and maintained.

Community alcohol programs must make local legislators aware of the services you offer as well as the savings that result from your services in terms of reduced costs associated with incarceration, welfare and unpaid bills at the local hospital. They need to know that if taxation was ever warranted or a bargain the alcohol earmarked tax shines as a Christmas star in the milky way of taxation.

All the Division staff wish each of you a Merry Christmas and happiest of New Years. May the residents in your community listen to your prudent yuletide drinking message so they and you can enjoy and remember the holidays.

Certification Reminders

1. All new program employees, with the exception of non-professional personnel, must register for certification within thirty days of the date of employment. Registration forms are available from ADAD or the program director.
2. If your mailing address changes, advise the certification section of the change. Failure to do so may delete your name from the mailing list.
3. Submitting your certification materials does not stop point accumulation. Upon verification of any training or education, we will add the accumulated points to your point total on file, as well as adding one point per month for continuing employment.
4. Upon submitting your materials, you will receive a registration certificate along with a summary of your total points to date. To help you plan for future point accumulation, you should submit your material as soon as possible so you will know where you stand.
5. If we do not have your point total on file, we cannot confirm your eligibility to take the written examination when it is given.

For answers to your questions or for clarification, contact the ADAD training and certification section, Helena, 449-2827.

Introducing — Pat Emerson



Pat Emerson

Pat Emerson has joined the ADAD staff as budget analyst. She is replacing David L. Gilbertson who has been promoted to Chief, Administrative Services Bureau.

Emerson is a native of Baker, Montana who graduated from Montana State University with a degree in business finance.

After graduation she worked in a number of unrelated fields before coming to Helena three years ago to accept a job with the Employment and Training Division of the Department of Labor and Industry.

Emerson is studying for the CPA examination and enjoys skiing in her leisure time.

Wyoming V.A. Hospital Contracts Services

The Sheridan, Wyoming Veteran's Administration (VA) Hospital is one of 63 VA hospitals that has negotiated contracts with halfway houses for the provision of community-based treatment and rehabilitation for substance abusing veterans.

The contracts are part of a five-year pilot program designed to lower the cost of treatment as well as to ease the adjustment of patients returning to society. Halfway house costs are expected to average \$17 daily compared to hospital costs of more than \$100 daily.

The Sheridan hospital was the first in the VA system to contract for halfway house services according to the Rev. Bill Wilson, coordinator of the hospital's alcohol dependency treatment program. It sent its first patient to a Sheridan halfway house in July and has maintained seven to twelve people in the halfway house since then.

The VA has authorized \$81,000 for the program which can be utilized in other halfway houses if desired.

At the present time negotiations are underway for approval of a contract with the Boyd Andrew Service Center of Helena to provide halfway house treatment for Western Montana veterans.

Tranquilizer RX Down

According to statistics compiled by the National Prescription Audit, a private survey conducted for U.S. drug manufacturers, over the past five years doctors have drastically cut down on the number of prescriptions they write for all tranquilizers and sedatives (including the benzodiazepines), all painkillers, and all other psychoactive drugs. The number of benzodiazepine prescriptions dropped from 88.3 million in 1975 to 12.3 million in 1979, with most of the decrease registered by Valium. In 1979, doctors wrote 38 million orders for Valium, down from about 57 million in 1975.



David L. Gilbertson, Chief, Administrative Services Bureau, was awarded a Certificate of Distinguished Performance in the June CDP examination.

Center Fights Child And Substance Abuse

The Parent Resource Center, one of the programs of the Gallatin Council on Health and Drugs, uses a positive "good feeling" approach to some touchy areas of family life.

The Center's goals are the prevention of child abuse and neglect and the prevention of drug and alcohol abuse by parents. However, it does not condemn or label people who do not always meet these goals. Instead it provides classes, open to anyone who is interested, which teach things such as child development, communication, and parenting skills. One of the classes is called Positive Discipline and teaches alternatives to corporal punishment.

All kinds of people participate in the classes according to Helen Lineberger, program coordinator, who has found that parenting is a common denominator. Many of the participants are drawn from prepared childbirth classes in the community but a Center class in the emotional development of infants drew 150 people from as far away as Billings and Helena.

Until now the Center's emphasis has been on pre-school children, but an ADAD mini-grant awarded this fall will be used to conduct a workshop dealing with marijuana use for parents of grade school children.

The Center, which served 1118 people last year draws heavily on community support to supplement its staff of two half-time workers, Lineberger and Joan Nikola-Lisa. Professional people from the community and the Montana State University Home Economics Department are used, as are parent participants.

Austin Helps Hospital

Doug Austin, director of the District III Alcohol and Drug Program, has assumed the added responsibility of management consultant for the Holy Rosary Chemical Dependency Treatment Center in Miles City. The District III program provides outpatient services in a seven-county area in Eastern Montana and the Holy Rosary Center provides inpatient services.

The District III governing board "loaned" part of Austin's time to the Holy Rosary Center to foster cooperation between the two programs

Training Calendar

Reality Therapy for the Chemically Dependent

Galen, Jan. 13-16 and Feb. 4-5
Billings, Feb. 24-27

Glaser's work is covered as it applies to counseling addicted persons. Applications in actual counseling situations and application of techniques to various phases of counseling will be covered. Participants will learn the seven step treatment process developed by Glasser.

Counseling the Alcoholic Family

Galen, Mar. 11-13 and April 8-10

Billings, April 28-May 1

Discussion, demonstration, and practice of techniques for alcoholic family therapy are emphasized, with various models of working with the alcoholic family introduced, e.g., roles and their significance, looking at the significance of others as a key treatment factor, etc.

The Galen courses are offered in two parts and attendance at both parts is required.

All courses are offered for counselor certification credit.

First preference is given to persons who are employed by state-approved treatment programs. However, allied health professionals may enroll on a second priority basis for a fee of \$50. The fee will be refunded to those who are not accepted.

Understanding Health Systems

Editor's note: Below is another of the weekly "Understanding" columns provided by the Office of Public Affairs, ADAMHA for reproduction in local papers. If you are intersted in receiving the series contact the Office of Public Affairs, ADAMHA, 5600 Fishers Lane, Rockville, Md. 20857.

Montanans reading the following column would be interested in the additional information that Montana is one of the few states that has only one Health Systems Agency (HSA). However there are five sub-area councils, each of which has one consumer representative from each county in the area.

For more information about the MHS contact the Montana Health Systems Agency, 324 Fuller Ave., Helena, MT 59601, Phone 443-5965

ADAMHA Column

Consumers can take an active part in the planning of alcohol, drug abuse, and mental health services in their communities.

One way to do this is by participating at hearings held by the local Health Systems Agency (HSA) which is mandated by law to plan the health care services in each of 200 health service areas throughout the country. The law also requires that HSAs collect information about local needs through public hearings.

The influence of HSAs on their communities' health resources can be great. For example, HSAs have the authority to approve or disapprove proposed federally funded health projects such as community mental health centers and alcohol and drug abuse programs.

Consumers who are active through HSAs can also have an impact at the State level. The State Health Planning Development Agency (SHPDA), the governor-selected agency charged with preparing, revising, and administering the State's health planning program, depends heavily on the local units for recommendations.

Consumers can also become involved in the Statewide Health Coordinating Council (SHCC), the advisory group for the SHPDA. The governor appoints all members, the majority of whom must be HSA representatives and consumers.

The term "health" in all of these programs includes both physical and mental health.

At the national level, health priorities have been expanded to include:

- Concern over the inappropriate placement in institutions of persons with mental health problems.
- The assurance of access to community mental health centers and other services to emphasize the provision of outpatient as a preferable alternative to inpatient services.

All health system plans now must include goals for the delivery of mental health services. In order to accomplish this, the HSAs are to solicit active involvement of governing board members, staff members, and advisory committees knowledgeable about mental health services, including those of alcohol and drug abuse.

Consumers can play a vital role in planning and directing alcohol, drug abuse, and mental health services in their communities. For more information about HSAs, write to ADAMHA (Alcohol, Drug Abuse, and Mental Health Administration), 5600 Fishers Lane, Rockville, MD, 20857.

It is time to learn more about how the family prevents most youngsters from becoming drug-using problems, to test how to reach and help less wise parents do better at this, and to experiment with improvements in family therapy. It is also important to learn how to get social scientists to accommodate to the fact that the family is not boring, nor inconsequential, nor dying. Excelsior!

—Richard H. Blum, Ph.D. in a NIDA publication, "Drug Abuse From the Family Perspective"



Robert Butorovich

Butte-Silver Bow Elects Butorovich Sheriff

Robert Butorovich, director of the Changes drug treatment center in Butte, and pioneer of drug treatment in Montana, has been elected Butte-Silver Bow Sheriff.

Changing jobs from director of a drug treatment center to Sheriff is not as radical as it may sound as Butorovich has developed a reputation in law enforcement circles as someone who is concerned about people but aware of the requirements of the legal system.

As Changes director he has worked with the criminal justice system to develop a referral system which resulted in 25 per cent of Changes clients being referred by the criminal justice system. As sheriff one of his objectives will be to keep in touch with the drug program and continue the referral system.

People who know Butorovich say that he looks big and tough enough to play Dodge City Sheriff in a Western, but is, in fact, the most caring of people. He tends to regard himself as almost always on call and is willing to help at anytime. That is, perhaps, the reason that he has earned the respect and trust of young people in Butte.

Butorovich was one of the founders of the Crisis Center in Butte and served as its director from 1970 until 1975 when the Changes drug program was initiated by the newly formed Southwestern Montana Drug Program (SMDP) and he became its director.

While working for the Crisis Center, Butorovich developed federal funding for drug treatment and conducted the Crisis Center drug program as well as supervising 105 volunteers at the program's peak.

In addition to his work with young people, Butorovich has gained friends through his work with the elderly which has included showing the National Institute on Drug Abuse Elder Ed package to 600 senior citizens in Butte.

Butorovich's primary goal for the Changes program has been "the creation of public awareness, acceptance and support of outpatient drug services." He credits the "knowledgeable and concerned" staff of the Changes program as well as the support of the local advisory board for its success in meeting that goal. He also thanks the ADAD staff for their support.

Since the inception of the SMDP, Butorovich has been involved in pre-release plans, and counseling referrals for inmates at the state prison.

Title XX Plan Available

Montana's proposed Title XX Plan for FY 1981 and 1982 is available for review and comment. Copies are available from Susan Malek, Title XX Coordinator, Department of Social and Rehabilitation Services, 111 Sanders, Helena, MT 59601.